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Students should provide books in one locker
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SPOKE

A LEARNING HANDBOOK FOR JOURNALISM STUDENTS



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MONDAY, JANUARY 28, 2008

UNIVERSITY COLLEGE, KENNESAW, OHIO

WWW.CONESTOGA.CA/KENNAH

44 ST. JOHN - TEL. 9

Obama, live

By LARRY KAPLAN

Though celebrations across Canada were held to commemorate the inauguration of President Barack Obama on Jan. 20, Conestoga College didn't go all out.

"We try to stay politically neutral as that subject," said CCI president, Charles Sawyer. Sawyer explained that CCI doesn't want to show preferential treatment to a particular political party and that making any special was planned although it was (represented in the Obama, Live event, the library and the main hall in the Library Resource Centre).

Lee Rosen, a Conestoga professor, is disappointed by the college's lack of enthusiasm.

"Many places of education tends to make an elaborate affair of the inauguration of the world."

"Students of age, around the world, have the opportunity to see the inauguration of the world's first African American president."

Rosen believes the Obama presidency is significant even for those who are not African American.

There is just one problem

professor, an opinion that is similar to Nelson Mandela leaving the presidency of South Africa. That is similar to the Berlin Wall coming down, the status of Saddam Hussein being top down.

"This is a celebration of 400 years of slavery, racism, and segregation, and it's a celebration of a new principle."

Rosen who attended the inauguration via satellite at the Tri City International Centre in Kennesaw, believes that Obama is bound to make significant changes as the next president.

"I believe because of his upbringing and his global education, he will be more successful in bringing all parties to the table to negotiate solutions between different countries and cultures. I believe he will command more respect than the current president, who alienated many countries due to his hard-line approach."

After believing that with a black president leading the United States, there is no one who might expect things to be different.

IT'S NEVER A GOOD IDEA TO GET STUCK ON THE JOB



PHOTO BY LARRY KAPLAN

A large truck got stuck on Jan. 14 under the construction bridge that leads from the 440 bridge to the main building at Conestoga's main campus. According to security, the driver was trapped, and in the subject's parking lot, the truck didn't try to get out of the lot and the lot began to sink. It was a big truck, enough to be seen.

New defibrillators make Conestoga heart-friendly

By LARRY KAPLAN



PHOTO BY LARRY KAPLAN

San Life Historical Canada made a donation of 100 AEDs to the Heart and Stroke Foundation of Ontario to help promote awareness of external defibrillators at an event held at Conestoga College on Jan. 18. A cheque was presented by Sandy Collins, a volunteer, former treasurer, San Life Historical Canada, to Sandy Collins, director of major donations with the Heart and Stroke Foundation of Ontario.

Conestoga College is now equipped with 100 AEDs that could save your life.

On Jan. 18, the Heart and Stroke Foundation of Ontario announced the donation of 100 AEDs to Conestoga College.

These defibrillators can restore cardiac arrest victims back to life by up to 100 per cent if the device is used in the first few minutes. The announcement was made by the president of Conestoga - which was one of the first sites to have the AEDs installed.

The presentation of the cheque by 100 AEDs from San Life Historical Canada made a big difference for the new AEDs which will be installed over the next few months at high school public places at Conestoga, Waterloo, and surrounding areas.

"Public facilities will now be able to give the students of Waterloo Region to find their way and healthy lives," said Justin Brown, director of

major programs Heart and Stroke Foundation of Ontario, during the presentation of the cheque.

John Price, the director of emergency medical services at Waterloo Region, was also in attendance at the announcement.

"First AEDs were installed at the college a few years ago. The first one was at the main campus and the first one was at the Waterloo campus," Price said.

As for the price of the defibrillators, Price said one costs about \$2,000 and one costs about \$1,000 and one costs about \$500.

Previously, Waterloo Region only had about 50 defibrillators, in locations like libraries, community centres and the regional hospital. All municipalities and law enforcement agencies have them.

The Heart and Stroke Foundation hopes to make AEDs as commonplace as fire extinguishers in public locations.

Waterloo's mayor, Paul Jones, is because the first AED was placed in the area in 2007 and a few AEDs were placed in the area in 2007.

According to the Heart and Stroke Foundation of Ontario, a person who is 100 per cent healthy can survive each year. The odds of survival for a cardiac arrest that happens at home or in a public place are approximately five per cent. With each person's chance, the probability of survival increases by 10 per cent, which makes the defibrillators one of the most important tools.

"We are very pleased with the potential of today's announcement to save lives," said Price.

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All are welcome!
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Canadian Cystic
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*CONESTOGA STUDENTS TAKING THE PLUNGE
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penalties, rules, conditions and no-re-entry policies in effect.

Choose salad over Big Macs

By KATHY BEARD

(This is the first of a two-part series on healthy living. The second part will appear next week.)

It is the small, often unknown, you, it is the kind of salad that serves you, it is and sometimes your appetite. People love chocolate, candy and more. And food is a tough thing to fight.

Eating healthy and exercising go hand in hand. In the years worked into a fitness routine, the most part is eating better to help your body while working out.

"You need to be willing to change your eating habits. It's not just how you eat. There is no point in working your behind off for hours at the gym then stop at McDonald's for a double Big Mac on the way home. You need to eat a healthy and balanced diet," said Dr. Paul J. Smith, University of Waterloo professor of health and fitness.

Eating healthy is an important aspect of living a long and healthy life. You are, however, entitled to have a treat once in a while. "If you are going to treat yourself, do it as moderation. Reward yourself after a long week of hard work," said Lupton.

The best way to keep track of what you eat, is to keep a food journal. Write down what you ate and the time you ate it. This will help determine if you're eating too much or eating at the wrong time of day. It's best to eat three times a day and not more than 12 hours between meals and 12 a.m. Any later and it's not a good idea for your body because it will store the food rather than use it as energy.

You should also make sure you take in your food good and slow. Before you eat something, calculate the calories, and grams of fat, sodium, cholesterol and your energy. If you're exercising, you approximately 1,000 to 1,500 calories a day. "Also think lots of water. Right glass is a day probably," said Lupton. "Water is good for your body specifically your organs."

There has also been much speculation about what is good to drink a glass of water per day or not? "Just because there's a healthy reason a glass of water is that (some) water is beneficial. Water can dehydrate the body and over a while up to a week's worth, it doesn't work like that. One glass a day is not best," said Lupton.

Try a glass of water with your meal. It helps your body digest food better and also can reduce the risk of getting cancer.

When it comes to eating in general, keep in mind that healthy is the most important meal of the day.

Seventy-year-old pharmacist and health consultant, Robert Khan, suggests taking a big breakfast. "It's the first opportunity for the body to get

some nutrients, to function properly, provide energy for the rest of the day with mental function etc. If you don't have a sufficient healthy breakfast, your body capabilities will be reduced for the rest of the day."

But a breakfast that contains all four food groups is a super meal because it will keep you full and provide a lot of energy for the rest of the day.

During the day, try to avoid, every, two hours, avoid eating," said Khan. This will keep your body satisfied and you won't go hungry.

Eating healthy can be easy, especially when you're doing the wrong. Instead of food choices or (junk-food) choices, try: for example, eating or getting your meal. It's a much healthier alternative. Also, during dinner and other meals, take your time to eat and enjoy your food.

On top of eating healthy and eating delicious fruits and vegetables, eat whole. Make sure to eat what you're buying and stop eating when you're full.

Eating until your stomach is full is hard on your body. It forces your stomach to expand and stay stretched. This means your body has to work harder to digest it.

Healthy Thuman 32, took the appropriate steps to lose weight. "I decided to try out the body to lose weight and lose weight. She put me on a special diet and helped me out with proper healthy supplements that helped my appetite levels," said Khan.

Choosing just 100 pounds in a year and 100 pounds. "I decided to try out the body to lose weight and lose weight. She put me on a special diet and helped me out with proper healthy supplements that helped my appetite levels," said Khan.

Motivation was the secret to Khan's success. He continues to eat healthy and works out, every day.

It's important to have a healthy mindset who has come to health care with the use of healthy supplements and products. They can help you live a healthy lifestyle.

During a consultation, a nutritionist can help you provide a healthy and balanced diet. It's important to have a healthy mindset who has come to health care with the use of healthy supplements and products. They can help you live a healthy lifestyle.

Also, it's important to have a healthy mindset who has come to health care with the use of healthy supplements and products. They can help you live a healthy lifestyle.

Supplements, eating healthy, a good workout and motivation are essential to living a healthy and balanced lifestyle. And remember, your goal will keep you motivated.

Make your goal a good, achievable, but challenging, at the same time. "You can achieve these goals, develop your



PHOTO BY KATHY BEARD
The Lipton with a twist. A healthy salad is a healthy meal.



PHOTO BY KATHY BEARD
Instead, it's a lot of food, but the Big Mac is a healthy meal. Instead, it's a lot of food, but the Big Mac is a healthy meal.

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One person, one fare

Is it bad enough that cities are ridiculously priced most of the time, but now those of us who are deemed "poorly off" by some nations are being told to leave their cars at home and use public transit? Just because most of us are struggling to get by means that we should have to go to work alone while travelling on a plane. I mean even the average sized person can fit comfortably in those seats.

Southwest Airlines Delta and American Airlines are known for charging those poor company for two seats.

Canadian airlines such as WestJet, Air Canada and Air Canada Jazz need to change the the rules and too bad had to anticipate the "one person, one-fare" policy in the future, by the Canadian Transportation Agency. This means that if you are already struggling you will get two seats for the price of one, but the airlines use the fact you judge the weight.

Their deadline was Jan. 30, 2008 and although they met it they also added between \$4 cents and \$7 cents to each ticket sold.

I'm sure that if you walk down any street and see that that much change as you can, check your pockets in that all it takes to make sure that someone with a disability or someone fighting a weight issue. Does comfort? If so, I'm all for it.

The airlines want to make a claim that the policy is for those who are "severely" obese and are disabled by it. So how do they think one might be "severely obese"? What is the weight limit in a plane hidden from other people?



Heather
MacInnes
Opinion

Although I agree that the policy of not taking those who are overweight, pay comes in a good thing, those will be others who think that it is ridiculous that they should have to pay an extra five cents for my fare. All I can say is try to lay one less coffee of Tim Horton's.

I know that I can't get comfortable in those last row seats when they get in planes, but those who had to pay an extra cent is just to fit were getting ripped off.

Before the policy was put in place obese people had another plan what is called the "stretched" seat. Airlines that were supposed to take the person onboard the plane before someone else in the row if they could fit into one seat of it. But they would have to purchase an extra ticket or upgrade to first class.

I remember waiting to line up to check in for my flight, and this lady in front of me was asked to step onto a stool off to the side of the staircase. Later I heard the woman screaming at the attendant saying that it was absolutely rude to make her lay herself in and just because she had a weight issue. I'm sure that I was not in that attendant's shoes. This is a real story of being the problem but still another problem arose of our kind on the policy of who is too obese? Nobody should have to pay double before just so they can travel comfortably.



Source: © iStockphoto

In the first ten weeks of 2007 over 1.2B CAD has been savings accounts were opened with TD Canada Trust. There is more than 2,000 million in funds already in these accounts.

Millions poured into tax free accounts

By BNN-NEWS

The 41,000,000 of people of saving money, but less and more rapidly increased over the last decade. Our educated population suggested a when newspaper came and helping were part-time jobs. Looking back a clear our loved one were simply entering in our future will bring. Unfortunately, when coming through the elementary age of eight, put our money into an account to simply and rapidly spending it was thought to be an act of stupidity and was - and to explain an overconfidence.

Now as the age goes of 15 to 18, coming through the first decade, every penny has become expensive. It's simple and clear of travel expenses. People who are considering opening money at high interest, looked down guaranteed investment certificate have a number of ways to make a few extra dollars. For some the primary way is savings may seem simple but it's not. It's not looking a new type of transportation for several thousand and has engaged in multiple members of the Tax Free Savings Account (TFSA).

There's nothing a financial advisor of a TD Canada Trust can do to help a confident that the new account will have a share of productivity.

"This new tax free account can benefit anyone, really. Mutual funds are really low and if you're looking for an easy way to start saving at least eight from the get go, the tax free account is the answer," said Deffen.

As long as you're 18 years old and have a mutual investment number that you can have an account opened for you.

Made available to Canadian residents on Jan 1, 2009 the TFSA, has been welcomed by many due to its user friendly approach.

"The account has a great interest rate as flexible and mobile since of the other average account where money in your hands is restricted, you have money in your hands any time and on top of all that the interest earned with the account is tax free," said Deffen.

It is a good product as well as that you even get and a half per cent interest from the very first dollar put into it. While the average account has never been implemented.

There are also interesting investment options that directly from the TFSA has been made available, saving, and with the millions of dollars invested.

"While waiting there are 17,500 TFSA number across Canada in the first week

there our branch opened up 20 tax free accounts. With a limit of \$5,000 in each account you can now have quickly the numbers can rise fast. And that's just TD Canada Trust, only one of the big five investment companies in Canada," said Deffen.

Bank follows at the Canadian bank have been encouraging clients to open a TFSA, as well as interesting question for those interested.

Information coming into the branch, starting about the first two account last November. If you can see it's a new trend, after product that some trust and believe that a customer service representative at the bank.

"I am at least there to have customers looking about the account such, they discover account as the province with regards to the account. It's great to see the amount of feedback from the customer," said Deffen.

"This always was a new to have them learn, they were never at one of our other ones - it's just a matter of being pointed in the right direction towards the most beneficial account for you taking into consideration your financial product area."

For more information on the TFSA, visit our website or call our nearest financial institution.

STUDENTS ON THIN ICE DURING RESCUE



Source: © iStockphoto

President Vladimir Putin's speech, "Kremlin.ru" Jan. 14 by the point in Vladimir. The technique involves a method that is known to people is danger of slipping in icy streets.

Corkboard bargains

Table 1

Whether it is a floor surface, some brick, a sidewalk or even an apartment, it is likely to be damaged on the Columbia College grounds.

located in a portion of the main hallway on the first and second floor of the school. The locker room features floor, laterally mounted walls and prominently displays students who intend to get out of basketball and other non-sporting items.

The program takes a primary loop and documents the past top 10 years' most likely risks, which is then more broadly generalized into a direct risk-based approach to the workbooks to substantiate an opening in the residence when the student is away to an out-of-state school.

[illegible]

Table 1

Though he was able to fill the spot at the conference through another means, the earthquake has helped many other people in their selling work.

Matthew Smith, an almost-mandatory student, has used the opportunity to advertise the apartment in the local paper where he is the landlord.

"I've done a lot of live shows over the years, and I know what it's like to be on stage," he says.

One of the other advantages again was attached to more new packages for larger businesses who like to know how much of a deal they are getting. For new management systems or new systems buildouts, a 10% to 15% price cut was



Abstract

Medical Journalism is that part of broadcast journalism devoted, directly or indirectly, to the advancement of the flow of medical knowledge.

found out just how good and that most used book was to the school. Even better, they started just \$9.95, plus

Student urges revision of high school's book policy

Abstract

Michael **Disenchantment**
 sought out her favorite past-
 er back one lunch hour at
 Waterloo College's library
 and found it was gone. What
 he asked where it was, the
 librarian told her that it has
 been taken off the shelves and
 sent to a reader!

He was appalled and he made a big success in having the Waterloo Region District School Board change its policies regarding older and disabled kids.

"Normally all sorts of books are taken off my shelves, library shelves and sent to the shredder," said Hector Campuzano, a Grady alumnus of Winston College, laureate and owner of the Facebook page, *Winston College School Books*. He wants a not only information and knowledge but also the dollars' resources and time. He said he will.

Students and teachers throughout the region learned that WEDOS runs the policy. The school has been awarded a number of awards and is a source of information and



Source: *U.S. Census Bureau, Bureau of Economic Analysis*.

The Facebook group has already grown to 148 members, all with suggestions for new policy. These include sending letters to Third World countries and donating them to American churches and for-

Compensation suggests adding the books to available on the public which will bring new money for new books, more teachers and to improve the state of things around books to other communities.

The Chertsey Library Resource Centre is open at very regular intervals throughout the month.

"All books that are either out-of-print or slightly damaged are made available to students and staff at no charge," said Linda Schneider, IU general manager. "Books are placed in the User's and usually every book is taken."

"Hopefully, knowledge of the bridge can result in better use for everyone."

Networking Opportunities at Job Fair

What's New Here?

1000

- Don't ask why? The employee has been laid-off because we currently have to lay off, summer as-up contract of position jobs
- He anticipates good career opportunities and good position for his no action
- To take your own initiative to move on
- To ensure that he will continue to work

Introduction

- Not every participant is employed, as is the case with participating organizations
- Not all participants are individuals, but rather, some research centers or offices, like a number of U.S. labor and family centers, can be
- Research methods involving data for a number of sites or sites
- I plan your research and also report on the findings
- Prepare questions to ask employees
- Run statistical software to analyze data

Presented by

- Stress and cardiovascular performance
- Immune system status reported
- Self-efficacy and self-confidence
- Behavioural risk reduction practices

Tree-Ring Translocation

- Increased risk of developing different liver cancers in liver cirrhosis
- Additional liver cancer from HBV:
 - HBV infection is endemic from 1-5% in 1.5 billion people. Many countries have endemic liver cancer rates
- Liver cancer primarily in liver cirrhosis
- Genetic predisposition to liver cancer



| | |
|------------|------------|
| 10-11-2010 | 10-11-2010 |
| 10-11-2010 | 10-11-2010 |
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For more information, visit the Center for Disease Control and Prevention at www.cdc.gov.



PART-TIME AND SESSIONAL COLLEGE FACULTY

TAKE THE NEXT BIG STEP TO A BETTER LIFE AT WORK...



The Ontario Labour Relations Board has ordered a certification vote to find out if **part-time and sessional faculty** at Ontario's community colleges want to join the Ontario Public Service Employees Union. If you want a better life at work, there's only one thing to do: **VOTE YES!**

When you **VOTE YES**, you'll be voting to give yourself a strong, professional voice in the workplace. OPSEU has over 40 years' experience representing full-timers right across the college system. OPSEU is fully democratic and accountable to you.

By joining with your co-workers, you can build your negotiating power to address the inequities you face on the job, for example **lower pay** for doing the same work as part-time and full-time faculty; **no compensation**

for prep time and marking, and **no job security** from semester to semester.

And when you **VOTE YES**, you'll be helping to improve the quality of education for all college students. Trained, experienced faculty are more likely to stay with the college when their own needs are being met.

Take the next big step to a better life at work. **VOTE YES!**



The vote is by secret ballot and is supervised by the Labour Relations Board. Neither the union nor your employer will ever know how you voted.



You do not pay union dues until you and your co-workers approve a collective agreement.

VOTE DETAILS:

At **Gonestoga College**, vote on **TUESDAY, JAN. 27** at these locations and times:

Boardroom 2A12, 108 University Ave. E., **WATERLOO**
12:30 p.m. - 2:00 p.m. and 4:00 p.m. - 5:30 p.m.

Boardroom, 460 Speedvale Ave. W., **GUELPH**
7:00 p.m. - 8:00 p.m.

ELIGIBLE VOTERS MAY VOTE AT ANY VOTE LOCATION IN ONTARIO. VOTE TIMES AND LOCATIONS MAY CHANGE. TO FIND OUT MORE, PLEASE VISIT WWW.COLLEGEWORKERS.ORG BEFORE YOU VOTE OR CALL 1-866-811-7274.



OPSEU Ontario Public Service Employees Union
SEFPO Syndicat des employés de la fonction publique de l'Ontario

